

Good Health News



Enjoy your good health now that spring is here!

FEATURE

Attention-deficit disorder and obesity

A recent study published in the International Journal of Obesity presents a link between obesity and attention-deficit hyperactivity disorder (ADHD). The study found that obese people who were diagnosed with ADHD and counseled about life style changes were able to deal with obesity and ADHD. See "Attention-deficit disorder linked to obesity" at www.globeandmail.com Health In Motion continues to recommend a diet that is low in fat and artificial sugars, and high in fresh fruits and vegetables. See the Nutrition Page at www.healthinmotionrehab.ca and Nutrition articles archived the Good Health News Page.

Birth defects linked to month of conception

A six year study has linked a higher incidence of birth defects for babies born between April and July. The study points to higher levels of pesticides and agrochemicals in drinking water during those months. These are traditionally the months when these chemicals are applied to the soil of farming operations. The study was published in Acta Paediatrica. See "Risk of birth defects linked to month of conception" at www.globeandmail.com

Human heart can regenerate cells

There's good news about the human heart. Our hearts replace about 1% of their cells each year. This is good news for our tickers. The study was published in the journal Science. See "Heart can regenerate cells: study" at www.globeandmail.com

Arthritis linked to living near a highway

A preliminary study suggests a link between living near a highway and the onset of rheumatoid arthritis. The incidence of arthritis was 31% higher for women living within 55 yards of a highway. The lead author of the study cautioned that there may be other factors involved. The study was published in Environmental Health Perspectives. See "Living Near a Highway Linked to Arthritis at www.nytimes.com And visit the Health In Motion Arthritis Page at www.healthinmotionrehab.ca

Knee injuries linked to menstrual cycle phase

A Canadian study has discovered that women tend to have more knee injuries if they are running and training during ovulation. The study was published in The American Journal of Sports Medicine. See "Hormones,

.....

knee injuries linked” at www.globeandmail.com and visit the Sports Injuries and Knee and Hip Replacement Pages at www.healthinmotionrehab.ca

The risks of too much red meat

A number of studies have linked diets that are high in red meat to the onset of a number health problems and conditions. These studies indicate that the more red meat consumed, the more likely someone is to develop heart disease and cancer. A high red meat diet is also associated with the onset of prostate cancer and higher levels of ‘bad’ cholesterol. The New York Times article where this information appeared also contained other valuable information about these studies. See “Paying a Price for Loving Red Meat” at www.nytimes.com and the Nutrition Page at www.healthinmotionrehab.ca

Vitamin D may help asthma

There is more good news about the value of adequate Vitamin D. A new study indicates that Vitamin D reduces the severity of asthma. Hopefully this may mean that asthmatics will be spending more time in the sunshine and eating more food with Vitamin D than taking steroid medications by inhalation. The study is published in the American Journal of Respiratory and Critical Care Medicine. See “Vitamin D may lower asthma severity” at www.globeandmail.com and the Asthma Page at www.healthinmotionrehab.ca

Reducing sugar in your diet

Health in Motion Rehabilitation strongly recommends removing added sugars from your diet. If the list of ingredients on the packaging of a food product has sucrose or glucose-fructose sugars near the beginning of the list, you should consider not buying it. The Globe and Mail says “It seems pretty clear that a high-fructose diet has adverse health effects.” This statement is in reference to a study of these effects published in the Journal of Clinical Investigation. See “The sickly side of sweet” at www.globeandmail.com and the Nutrition Page and archived Good Health News articles about diet at www.healthinmotionrehab.com

Good health in small doses

Health In Motion News: Read our regular column in the Shalom Toronto newspaper.

Health In Motion is Hiring. Check out the Career Opportunity Page at our website.

Next Health In Motion Workshop for Children with Disabilities: May 27, 2009 at 7:00 to 9:00 pm. Free. Check out the Clinic News Page at our website.

.....



Good Health News

GOOD HEALTH NEWS publishes articles about current health issues. The material in this newsletter is not copyrighted, and may be reproduced and shared with family and friends. Articles in *Good Health News* are for information purposes only. Links to health related articles in other publications are for information only as well. If you have a health condition, please consult your physician, or health care provider. *Good Health News* is published on a regular basis by the Health In Motion Rehabilitation Clinic, Toronto, Ontario, 416-250-1904, healthinmotion@bellnet.ca. Back issues of *Good Health News* are posted at: www.healthinmotionrehab.com. Contact us for a subscription to *Good Health News*.

For Your Good Health:
Bookmark this site www.healthinmotionrehab.ca

 Good Health News

GOOD HEALTH NEWS publishes articles about current health issues. The material in this newsletter is not copyrighted, and may be reproduced and shared with family and friends. Articles in *Good Health News* are for information purposes only. Links to health related articles in other publications are for information only as well. If you have a health condition, please consult your physician, or health care provider. *Good Health News* is published on a regular basis by the Health In Motion Rehabilitation Clinic, Toronto, Ontario, 416-250-1904, healthinmotion@bellnet.ca. Back issues of *Good Health News* are posted at: www.healthinmotionrehab.com. Contact us for a subscription to *Good Health News*.